

A METHOD AND APPARATUS FOR THE USE OF A NETWORK SYSTEM FOR BIOFEEDBACK STRESS REDUCTION

Abstract of the Disclosure

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A system for reducing stress comprises a computer which operates a software program. The program may be run locally or from a remote server via the world wide web. A user inputs information into the computer relating to his or her body, lifestyle, work schedule. A sensor may be attached to the user and coupled to the computer to receive autonomic signals from the user. The computer executes a series of stress reducing exercises which the user is directed to perform. The system monitors and records the user's compliance, or lack thereof. The system then adjusts the stress reducing exercises based the user's performance.